

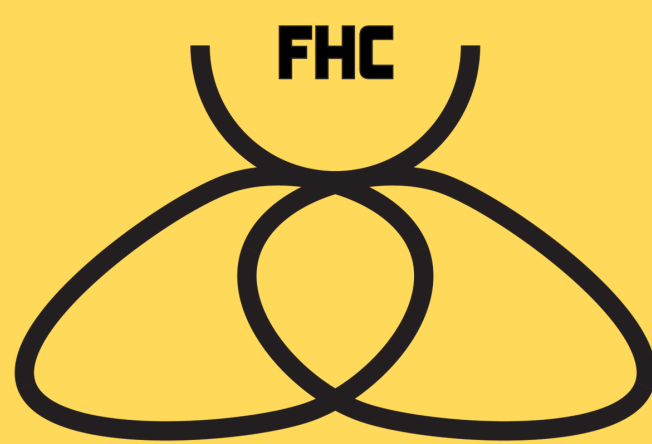
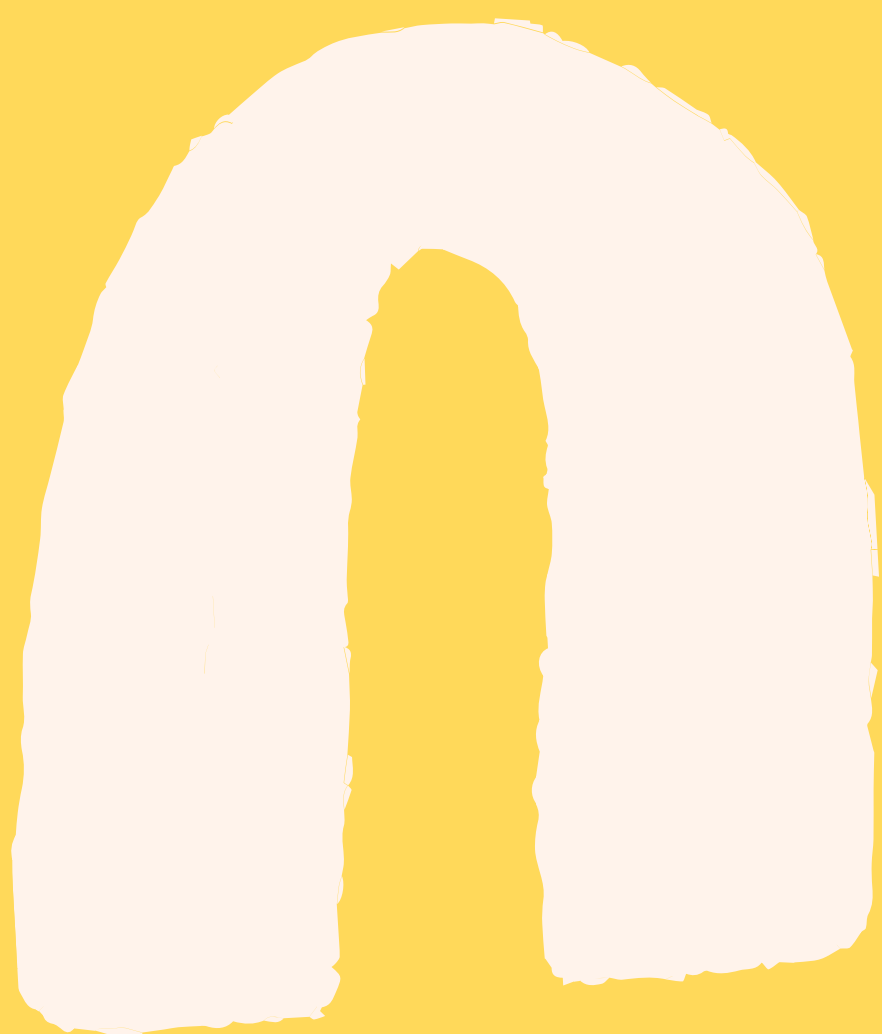


A Health Literacy Guide



WHAT YOU NEED TO KNOW ABOUT SUICIDE

FOR IOWA STATE STUDENTS



BY: GRACE SNYDER

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Additional Resources

Find a list of online resources for you or someone you know struggling with suicide ideation. Click on the logos to access the source website.

Social Support Strategies

Use support strategies for you or someone you may know who may be struggling with suicide ideation or mental health problems. This list provides DOs and DON'Ts when discussing the topic of suicide.

Advice from ISU Student Wellness

Read the key takeaways from an interview with Carri Giese, the Prevention and Health Promotion Coordinator at ISU Student Wellness. for students who may be a risk for suicidal thoughts.

References

ADDITIONAL RESOURCES

1. CRISIS LINES

Crisis lifelines are provided 24/7, free support for people struggling and in time of crisis. These services offer support for suicidal individuals, loved ones worried about their suicidal friends/family, or would like to chat with someone to provide emotional support.



2. #BeThe1To

#BeThe1To is a suicide prevention initiative powered by The National Alliance for Suicide Prevention, The National Suicide Prevention Lifeline and Vibrant Emotional Health. This resource is used as a message board for people to share their stories of suicidal thoughts, suicidal attempts and messages of hope and recovery.

#BeThe1To

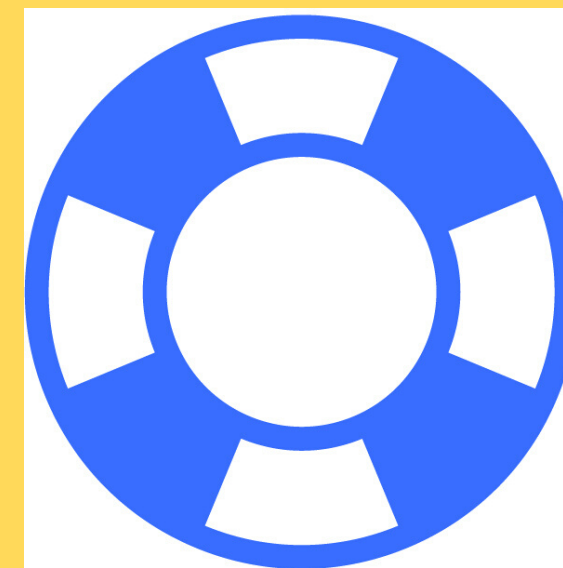
3. Sources of Strength

This website is a powerful practice for teens and young adult suicide prevention. Its resources include videos, blog posts, real story testimonials and other services provided when you sign up.



4. American Foundation for Suicide Prevention Facebook #StopSuicide

This Facebook page powered by the American Foundation for Suicide Prevention offers many resources for people struggling with thoughts of suicide or know of someone who does, and wants to learn how to support them.



**American
Foundation
for Suicide
Prevention**

5. ISU Student Counseling "Let's Talk"

"Let's Talk" is a counseling center outreach program that is designed to engage in students who would not otherwise come to counseling due to stigma or other barriers. This service provides informmal walk-in consultations.

IOWA STATE UNIVERSITY
Student Counseling Services

6. Iowa Crisis Chat

Chat online or over the phone with the Iowa Crisis Chate. This resource is a judgment-free, volunteerdriven



Iowa Crisis Chat
iowacrisischat.org

SOCIAL SUPPORT STRATEGIES

These support strategies are for you or people you know who are struggling with suicide ideation. Please refer to the Resources page for other resources and strategies to help.

- 1 Strive to create an ongoing back-and-forth, dynamic relationship with the suicidal individual. [9]
- 2 Encourage the person to seek treatment. You can offer support and advice – but remember that it's not your job to substitute for a mental health provider. [10]
- 3 If the person doesn't want to consult a doctor or mental health provider, suggest finding help from a support group, crisis center, faith community, teacher or other trusted person. [11]
- 4 **DOs**
 - Be aware. Learn the warning signs.
 - Get involved. Become available. Show interest and support.
 - Ask if she or he is thinking about suicide.
 - Be direct. Talk openly and freely about suicide.
 - Be willing to listen. Allow expressions of feelings. Accept the feelings.
 - Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture on the value of life. [12]
- 5 **DONT'S**
 - Don't dare him or her to do it.
 - Don't ask why. This encourages defensiveness.
 - Offer empathy, not sympathy.
 - Don't act shocked. This will put distance between you.
 - Don't be sworn to secrecy. Seek support.
 - Offer hope that alternatives are available and take action. [13]
- 6 Encourage them to engage in self-care and relaxation activities, such as meditation, spending time in nature, and listening to music that helps their mood. [14]
- 7 Try to recognize and understand loved ones' warning signs. Thoughts, images, moods, situations, and behaviors indicate that a crisis may be developing. [16]
- 8 Remember that recovery is a process. Be patient and gentle Do not be discouraged by what may seem like a set back or slow progresses. [18]

ADVICE FROM ISU STUDENT WELLNESS

Carrie Giese, the Prevention and Health Promotion Coordinator at ISU Student Wellness, provides advice for students who may be at risk for committing suicide. She also offers takeaways for those who support others with mental illness.

Key Takeaways:

- 1 There is not one "type" or person who can be affected by mental health illness and/or ultimately putting them at risk for suicidal contemplation.
- 2 People ages 18-24 are at a higher risk time in their lives for mental health illness and suicidal thoughts.
- 3 Everyone has mental health, but some sort of hindering, may it be stigma, cultural or historical, that would drive people away from getting the help they need.
- 4 If you're looking for a starting point, find someone you know who you feel comfortable going to in a time of crisis. May that be a friend, co-worker, family member, etc.

"Whatever door someone knocks on, or any phone you call, our goal is for the person who answers, knows what to do and understand the warning signs to be able to help , or go get help, for the person who's knocking." - Carrie Giese, ISU Student Wellness Coordinator.

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Thank you!

Thank you for taking time to read this guide. We hope that this information can provide support and resources to you, your family and loved ones.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255